



PANTHER STRENGTH & SPEED 2011

June 20-August 6, 2011

(closed July 1-July 7)

Fee: \$15

The Spring Lake Park High School weight room holds a seven-week summer program for all athletes going into **grades 9 through 12**. It is highly recommended for anybody desiring to improve individual strength, speed, explosiveness, flexibility, coordination, and quickness.

Suggested Times*

**Students can lift any time that best fits their schedule.*

Additionally, female athletes can lift at any session – not restricted only to session 3 which is reserved for females.

SESSION 1	8:00 –9:45 A.M.	MORE ADVANCED LIFTERS
SESSION 2	9:00 – 10:30	INCOMING 9-10 GRADES
SESSION 3	10:00 – 11:30 A.M.	FEMALES <u>ONLY</u> SESSION
SESSION 4	11:00 -12:15 P.M.	7th & 8th GRADES AND ANYONE ELSE
SESSION 5	6:00 – 7:45 P.M.	OPEN SESSION –ALL GRADES (ENDS 7/30)

Workout days are Monday, Tuesday, Thursday and Friday (no Wednesdays).

For more information, call Varsity Strength & Conditioning Head Coach Schlieff at 763-795-6667.

“EVERY BODY LOVES TO WIN BUT FEW HAVE THE DESIRE TO PREPARE TO WIN”

Students completing 45 hours in this program will receive a Phy. Ed. elective credit. Community Education is able to offer a reduced registration fee by registering all students for the credit option through the SLP High School Summer School/Learning Alternatives program.

ONLY register online at www.springlakeparkschools.org

Or call 763-786-1338

Students can only register for Strength and Speed through SLP Community Education